

Mundelein Park & Recreation District
<http://www.mundeleinparks.org>



NEWS RELEASE

FOR IMMEDIATE USE

January 5, 2017

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OPEN HOUSE SHOWCASES PARK VIEW'S WELLNESS SERVICES

Expanded Services to Help You Be Your Best

MUNDELEIN, IL —As you are working hard to keep those New Year's resolutions for a better you, Park View Health & Fitness is there with all the tools you need to reach your wellness goals and are introducing them at a **Wellness Open House January 28 from 10 am to 2 pm**. Meet the Wellness Coaches, Personal Trainers, and Massage Therapist that will give an integrated approach to guide you to better overall health.

“We recognize that every person is unique and needs a personalized plan in order for them to succeed,” said Kristina Watanabe, Personal Trainer. “We now have a team of experts ready to work with clients to give them a customized personal wellness plan. We create goals, make them accountable and help them every step of the way.”

Free demonstrations of Pilates and Yoga group exercise classes and Thai Massage will be offered as well as flexibility and stress relief training throughout the open house, so come dressed ready to move.

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Learn about nutrition coaching and education and the benefits of essential oils. Come see for yourself how Park View Health & Fitness can support your journey to a healthier you.

Call **847-566-0650** for more information or online at **www.mundeleinparks.org**.

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